## Resources for Moms

<table>
<thead>
<tr>
<th>Support programs for women &amp; families:</th>
<th>Breastfeeding support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Baby Can (community agency)</td>
<td>La Leche League</td>
</tr>
<tr>
<td><a href="https://anybabycan.org/programs/">https://anybabycan.org/programs/</a></td>
<td><a href="http://texaslll.org/group/central-texas">http://texaslll.org/group/central-texas</a></td>
</tr>
</tbody>
</table>

### Mental Health Resources:

<table>
<thead>
<tr>
<th>Austin/Travis County Integral Care 24/7 Crisis Hotline for Mental Health 512-472-HELP (4357)</th>
<th>Pregnancy &amp; Postpartum Health Alliance of Texas: <a href="http://pphatx.org">http://pphatx.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Write in your doctor’s or clinic’s phone number</td>
<td>Family Violence The SAFE (Stop Abuse for Everyone) Alliance 24-hr SAFEline: 512-267-7233</td>
</tr>
</tbody>
</table>

### National Resources with Websites or Helplines

#### Tips on parenting children:
- National Institutes of Health: Download a booklet on parenting from birth to age 14 [https://www.nichd.nih.gov/publications/product/74](https://www.nichd.nih.gov/publications/product/74)
- American Cancer Society: Telephone counseling to help you quit smoking: 1-800-227-2345  Press “3” for the QuitLine

#### Change your habits for better health
- National Institutes of Health: Easy to read guide of changing a health behavior: [https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health](https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health)
- Substance Abuse & Mental Health Services Administration: locating a substance abuse treatment facility: [http://findtreatment.samhsa.gov/](http://findtreatment.samhsa.gov/)

#### Information on healthy eating
- Postpartum Support International: [http://postpartum.net/](http://postpartum.net/)
  - Text “Help” to 800-944-4773 (English)
  - Text en Español: 971-203-7773

#### Tips on starting physical activity
- National Institutes of Health: how to start and continue being physically active: [https://www.niddk.nih.gov/health-information/weight-management/tips-get-active/tips-starting-physical-activity](https://www.niddk.nih.gov/health-information/weight-management/tips-get-active/tips-starting-physical-activity)
- National Maternal Mental Health Hotline
  - Call or text: 1-833-9-HELP4MOMS (1-833-943-5746)
  - TTY Users can use a preferred relay service or dial 711 and then 1-833-943-5746

#### Physical activity: Pregnant women & new moms
- Disabled Parenting Project [https://disabledparenting.com](https://disabledparenting.com)
  - [https://www.facebook.com/disabledparentingproject](https://www.facebook.com/disabledparentingproject)